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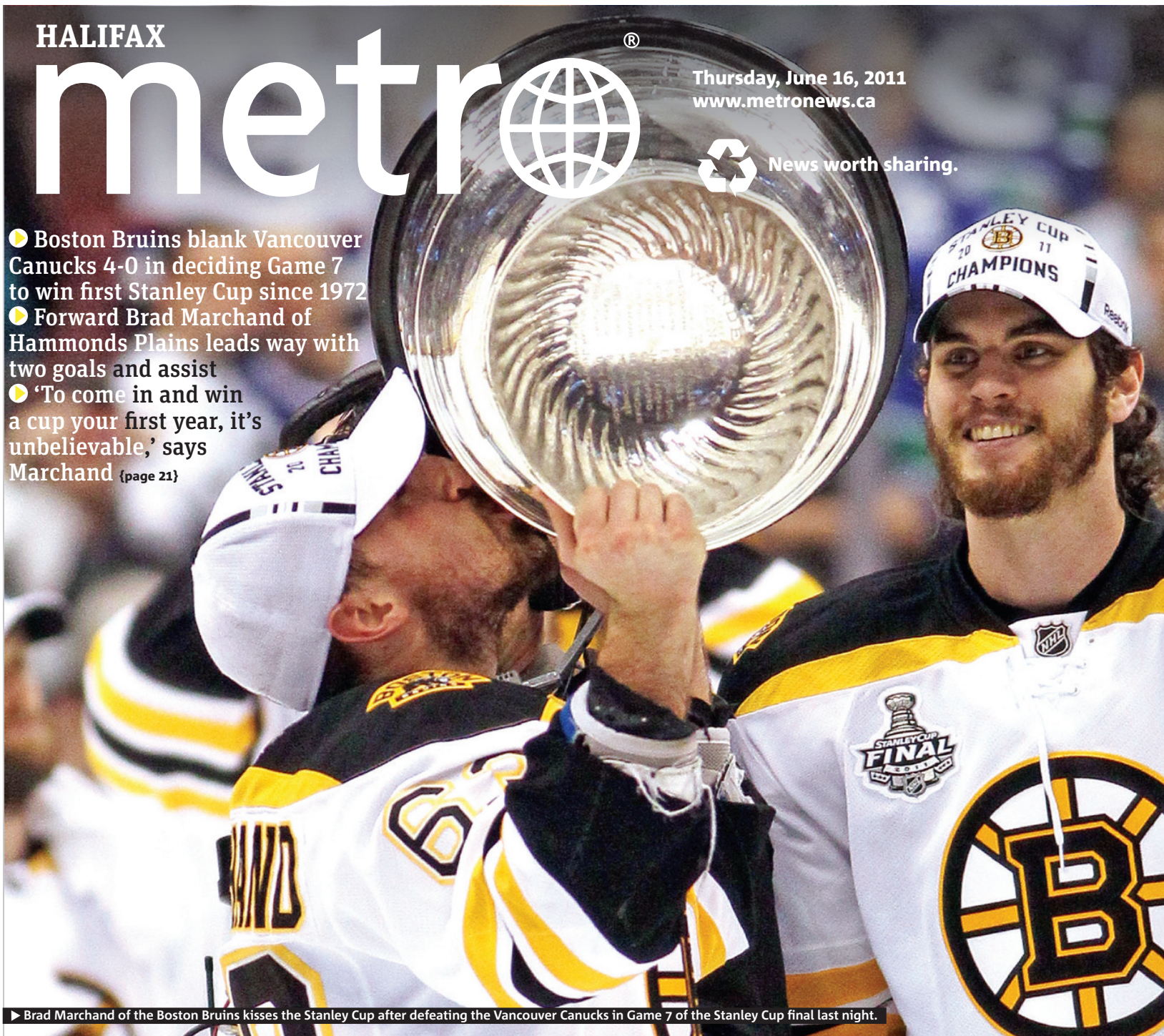
# metro

Thursday, June 16, 2011  
www.metronews.ca



News worth sharing.

- Boston Bruins blank Vancouver Canucks 4-0 in deciding Game 7 to win first Stanley Cup since 1972
- Forward Brad Marchand of Hammonds Plains leads way with two goals and assist
- 'To come in and win a cup your first year, it's unbelievable,' says Marchand {page 21}



► Brad Marchand of the Boston Bruins kisses the Stanley Cup after defeating the Vancouver Canucks in Game 7 of the Stanley Cup final last night.

ELSA/GETTY IMAGES



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# Teen remanded to custody

► Police say accused in sexual assault case is known to them



ALY THOMSON  
HALIFAX@METRONews.CA

A 19-year-old man accused of sexually assaulting a female jogger in Shubie Park on Sunday night showed no emotion as he walked into Dartmouth provincial court yesterday.

Sporting bright orange sneakers, dark grey track pants and a green, collared shirt, Cody Charles Lemoine of Dartmouth was remanded to the Central Nova Correctional Facility in Burnside until June 29.

Lemoine is facing charges of sexual assault, uttering threats and forcible confinement after turning himself in to police shortly after 7:30 p.m. on Tuesday.

Halifax Regional Police spokesman Const. Brian Palmeter couldn't speak to why Lemoine turned himself in, but said media attention to the incident played a role.

"We believe that ... not only media pressure but public pressure to the story played a part in him deciding to turn himself in," he said.

**"We're extremely satisfied that we were able to make an arrest so quickly in this case ... and hopefully this will help alleviate some concerns and fears that the community may have."**

HRP CONST. BRIAN PALMETER

Palmeter said he believes Shubie Park is safe, but added there has been increased police presence in the area since Sunday.

"Even though an arrest as been made, we're going to have to look and see where we go from here," he said. "We want to make sure that we can help the public feel safe in coming back to the park."

At about 8 p.m. Sunday, police say the 19-year-old victim was running in the park when she passed a man walking in the opposite direction. The victim was then allegedly grabbed from behind, forced into the woods and sexually assaulted.



► Cody Charles Lemoine, 19, covers his face as he's escorted into Dartmouth provincial court yesterday morning.

## 'Wake-up call,' says running club co-founder

Michelle Kempton couldn't find a friend to run with on Sunday evening, so rather than go through Shubie Park alone, she decided to jog along Portland Street. She's glad she did.

"When I heard what

happened, it hit very close to home," said Kempton, referring to the alleged sexual assault in the park Sunday. "It's one of my favourite routes."

Kempton, co-founder of the Heart and Sole Running

Club in Dartmouth, said she never feels safe running in the park unless she is with a friend or group. She said many of her friends have experienced incidents in Shubie Park, including one event involving a man

exposing himself.

Kempton said Sunday's incident was "a wake-up call."

As a result, Heart and Sole member Karen Blonde has arranged for Const. Don Jenkins of the Halifax

Regional Police and Street-wise Self Defense to conduct a free seminar for the club's runners and walkers about crime prevention, awareness and self-defence techniques.

● ALY THOMSON

# 1

news



Health experts offer a surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web

**Roberto Luongo talks about where he planned to go to get into a state of pre-game serenity. Video at [metronews.ca](http://metronews.ca)**

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# Victim alleges hate crime

▶ Says suspects were 'shooting to kill ... kept firing and firing and firing'

**PHILIP CROUCHER**  
@METRONEWS.CA

A transgender shooting victim is claiming to be the victim of a hate crime, something Halifax police were disputing yesterday.

Chris Cochrane, a 25-year-old who also goes by the stage name Elle Noir, told Metro she doesn't know who fired gunshots through her apartment door in Halifax early Tuesday morning, but believes "pure hatred" was the motivation behind it.

She alleged homophobic slurs were directed at her during the incident.

"They were yelling, 'Let us in, tranny f---t, let us in,'" she claimed by phone from her Halifax hospital room yesterday.

"Pure hatred. That's all it was."

Police say two men went to the apartment at 56



**"It's angered me more than shaken me to the bone. This is 2011 and we are still acting like we are 1940. Like, get over yourselves."**

CHRIS COCHRANE

Evans Ave. around 1:30 a.m. and knocked on the door, identifying themselves as police.

When Cochrane opened the door, she realized they weren't police, attempted to close the door and a gun-

shot was fired.

"We locked the door, and I thought it was over and I went to slump down by the door, and all of sudden I felt heat and a huge blast. They shot through the door with a shotgun and that ripped through my arm," she said.

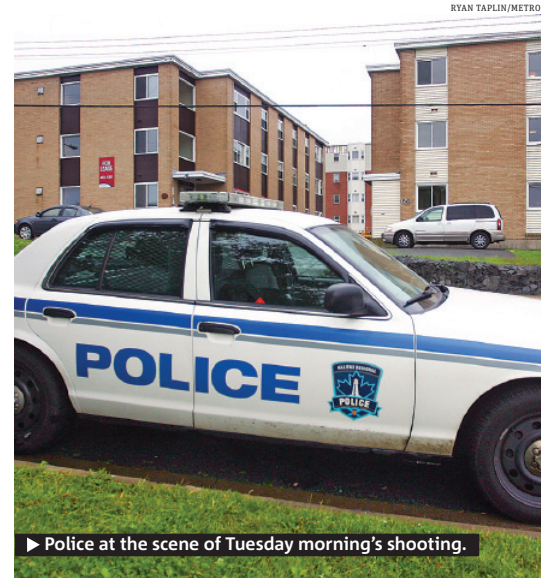
Cochrane said she suffered a single gunshot wound just below her right elbow that required surgery. No one else in the apartment was hurt.

Police say the men fled the scene after the shooting. They say one man was wearing a red bandana and

both sported baggy dark clothing.

Cochrane said she "can't even speculate" who might have wanted to do this.

"If this was a house invasion, I'm on the second floor of an apartment building. It's supposed to be a secure building ... How would they know what apartment I was in? What building I was in? And how would they know that I was a transgendered woman, so there's no other way to think of it, right?" she said of her belief this is a hate crime.



▶ Police at the scene of Tuesday morning's shooting.

## POLICE DON'T AGREE

Halifax Regional Police spokesperson Const. Brian Palmeter said yesterday they believe the apartment was "specifically

targeted" in the shooting, but at this point they don't feel it's a hate crime.

"Under the Criminal Code, while as distasteful

as a verbal comment is, that does not necessarily make it a hate crime," Palmeter said. "But certainly our investigation is leading us in a direction that there were other motivating factors that were likely at play here."

Palmeter wouldn't go

into specifics as to what those factors may be.

By yesterday afternoon, Palmeter said they still hadn't been able to conduct a formal interview with the victim — something they were hoping would happen by day's end. ● PHILIP CROUCHER

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# Concert scandal to get cleaned up

- Some recommendations to be implemented right away
- Talks with Trade Centre Limited will take longer: Butts



**JENNIFER TAPLIN**  
@METRONEWS.CA

A small team of civil servants will drop all other duties and focus solely on implementing the auditor general's recommendations into the concert cash scandal.

Richard Butts, HRM's chief administrative officer, told the audit and finance committee yesterday his first task is to assemble a team to "aggressively" make changes.

Last week auditor general Larry Munroe released his 96-page report into cash advances given to concert promoters since 2008. He outlined 52 recommenda-



RYAN TAPLIN/METRO

**"It's a great start and we feel very encouraged by that."**

COUN. GLORIA MCCLUSKEY

tions.

But there will be costs involved.

Consultants will need to be hired on some issues (risk management, for example) and there could be significant costs if more

lawyers need to be hired to fulfill one of the recommendations regarding HRM's legal services.

Butts told the committee his team will first look into efficiencies in legal services before hiring.

"I don't think we're talking about large sums of money," he said.

In the next few months he will bring a work plan to the committee, complete with timelines and approval requests for expenditures.

After that, he will return frequently to give status updates to the committee.

Coun. Barry Dalrymple said he expects the process to take about two years.



► Chief Gerard Julien, co-chair of the Assembly of Nova Scotia Mi'kmaq Chiefs, left, and Premier Darrell Dexter display the new signage to be installed along the highway near the Nova Scotia-New Brunswick border.

## N.S. debuts Mi'kmaq billboard

People making their way home from New Brunswick will soon be welcomed to the land of the Mi'kma'ki.

The province says it plans to erect a billboard-sized highway sign that highlights the province's rich Mi'kmaq heritage.

The colourful sign bears the words "land of the Mi'kma'ki, people of the

dawn."

Premier Darrell Dexter says it should be in place at the border near Amherst in the coming weeks.

The sign was unveiled yesterday in Halifax at the annual meeting between the provincial cabinet and the Assembly of Nova Scotia Mi'kmaq Chiefs.

THE CANADIAN PRESS

### Continued effort

- Darrell Dexter says his government continues to work to recognize the interests of the Mi'kmaq community and work through any differences.

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## Macdonald project cost covered: CEO

- Bridge tolls increased to \$1 from 75 cents on April 1
- Refit to cost between \$48M and \$68M in 2015



ALEX  
BOUTILIER  
@METRONEWS.CA

Despite inflating costs, the head of the Halifax Dartmouth Bridge Commission says the recent toll hike will still cover a planned Macdonald Bridge refit.

HDHC CEO Steve Snider appeared before the legislature's public accounts committee yesterday.

There, it was revealed the redecking of the Macdonald will cost between \$185 million and \$205 million — up from the earlier estimate of \$137 million (all in 2009 dollars).

"We've done 10-year

**"We have no plans to apply for another toll increase."**

HDHC CEO STEVE SNIDER

modelling, and (a \$1 toll) will look after the project that's in front of us now," Snider told reporters.

That 10-year plan does include the redecking of the Macdonald — but not an even larger project planned for the MacKay Bridge in 2023-24.

Preliminary costing for the redecking of the MacKay puts the price tag between \$300 and \$350 million, according to

Snider.

"We're undertaking a study this year to better identify when that project will have to be done," Snider said. "It's our hope that we can push it out."

But when asked if that meant another toll increase down the line, Snider said his crystal ball wasn't big enough to make that prediction.

"We've got a project in front of us, the Macdonald Bridge, and we've got a toll increase that's going to meet those needs," he said. "All I can tell you is that I don't see any need for another toll increase at this point in time."

## Energy minister minds his words on joint grid

RYAN TAPLIN/METRO



Nova Scotia's energy minister will wait for studies before commenting on one of his counterparts' suggestion of placing four provinces' energy grids under a single operator.

Charlie Parker was responding to comments made by Prince Edward Island Energy Minister Richard Brown, who suggested New Brunswick's system operator should oversee the energy requirements of the region.

A regional system operator could play to the provinces' strengths — for instance, during periods of high wind in Nova Scotia, more wind energy would be pushed into the grid.

"Energy continues to be dealt with in silos in Atlantic Canada, but I think both the utilities and the governments have realized those silos have to come

down," Brown told the Telegraph Journal.

But before weighing in on the idea, Parker wants to see the results of recently commissioned reports into the issue.

"That's sort of where we're at. We're waiting for those studies to come forward and see what options they might present to us," Parker said yesterday.

"Until those studies come forward, I can't say what might be the best at this point in time."

Parker reiterated he believes in working with the three other Atlantic provinces on energy matters — but he would not say if he thought NBSO taking the reins was the best option.

It was one of the options suggested in a December 2009 report to the government on system operator options for Nova Scotia, composed by SNC-Lavalin.

Currently, Nova Scotia's system operator operates as a branch of Nova Scotia Power Inc., but the report recommended making it independent. In the long-term, the report details advantages to a single system operator serving the Maritimes and beyond.

● ALEX BOUTILIER

## Teen faces explosives charges

Police in Halifax say a teenage boy faces charges including making and possessing an explosive after a seizure of Molotov cocktails. RCMP say police approached two youths early yesterday in Lower Sackville — one ran into the woods while the second was arrested.

Police say they seized two large glass bottles filled with gasoline and a lighter. **THE CANADIAN PRESS**

## Blood clinic honours cancer victim

Canadian Blood Services is hosting its second annual donation clinic in honour of Sarah Gordon.

The clinic will be held at the Canadian Blood Services office at 1940 Gottingen St. today, from 11 a.m. to 7 p.m.

Gordon passed away in March 2010 after a long battle with cancer. Her family and friends are inviting residents of HRM to donate blood in honour of her memory. ● METRO

## Halifax to get nuke cleanup shelter

The Defence Department will spend about \$1 million to build a permanent nuclear decontamination shelter in Halifax in the event of an accident involving visiting nuclear submarines. Nuclear-powered vessels visit several times a year and dock at the jetty in Shearwater.

The navy sets up a temporary decontamination tent inside a hangar.

**THE CANADIAN PRESS**

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# U.S. house slithering with snakes

► Infestation goes into walls  
► Family gives up and flees home after 42 snakes killed in one day

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than \$180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Throngs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

**"It was just so stressful. It felt like we were living in Satan's lair, that's the only way to really explain it."**

AMBER SESSIONS

The family would frequently eat out because their well water carried the foul-smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside. That didn't always work. One day, he heard his wife



► The "Snake House," near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale.  
Inset: Garter snakes caught by the Sessions family in 2009.



scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he

couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story

invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house.

The Sessionses filed for bankruptcy. The house

was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

THE ASSOCIATED PRESS

## A body-slam of a deal for you.

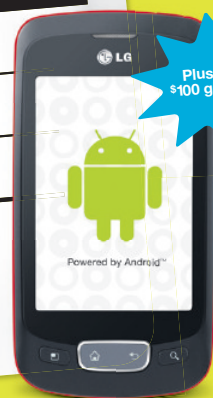
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# Careful what you tell him ...

► It's no secret — WikiLeaks is using eBay to offer a lunch date with founder Julian Assange ► Eight guests will dine at a top London resto



► Julian Assange

It may be the ultimate indiscreet lunch.

WikiLeaks is offering eight people the chance to dine with founder Julian Assange as a fundraiser for its secrets-spilling work.

Bidding on eBay started Monday at \$568 a head.

The site says guests will dine July 2 at "one of London's finest restaurants" with Assange and Slovenian Marxist philoso-

## What is Wiki?

- WikiLeaks calls itself a not-for-profit media organization.
- Its website says its goal is to provide an innovative, secure and anonymous way for sources to leak information.

pher Slavoj Zizek. Later that day, the pair

are due to give a talk about WikiLeaks' impact.

The U.S. is investigating whether WikiLeaks broke the law by releasing thousands of secret government documents.

Assange is on bail in Britain as he fights extradition to Sweden on allegations of sexual misconduct, which he denies.

THE ASSOCIATED PRESS

## Kids. Forced to flee



► A woman surrounded by children in a Turkish refugee camp shouts during a protest yesterday against Syrian President Bashar Assad. More than 8,000 Syrians, half of them children, have sought refuge in camps in Turkey to escape a military crackdown in Syria.

VADIM GHIRDA/THE ASSOCIATED PRESS

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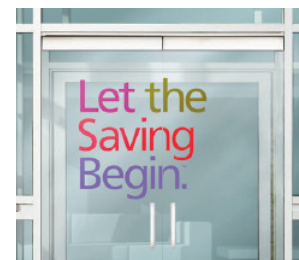
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# Will and Kate to mix glam, goodwill in Cali

► California trip follows visit to Canada, the royal couple's first overseas engagement since their wedding

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the



► Kate, the Duchess of Cambridge.

winning team.

The royal couple also plan to meet inner-city youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated

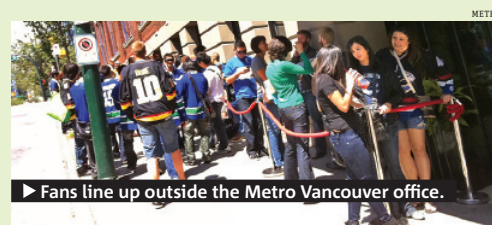
into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30 to July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

THE ASSOCIATED PRESS



► Fans line up outside the Metro Vancouver office.

## VAN FANS DARED TO DREAM



JEFF HODSON  
@METRONEWS.CA

So it has come to this.

After nine months and more than 100 games of regular-season and play-off hockey, the league's best team was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks shirts and jerseys.

## HOME ICE ADVANTAGE



And, because the province ordered downtown liquor stores closed before the game starts, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

JEFF HODSON IS MANAGING  
EDITOR OF METRO VANCOUVER

## Afghan army returns Canadian rifles

The Afghan National Army has given back thousands of C-7 assault rifles Canada donated in a \$9-million effort to bring the fledgling fighting force up to speed.

NATO, with its new training establishment, has quietly decided that the entire Afghan force should be equipped with American M-16s, of which the C-7 is a variant. It was the Afghans who, early in the war, asked for NATO weapons. THE CANADIAN PRESS

## 2,500

The 2,500 modified, surplus C-7 rifles, mostly vintage 1980s weapons, were handed over to the Afghan army by Canada with much fanfare between 2007 and 2008.

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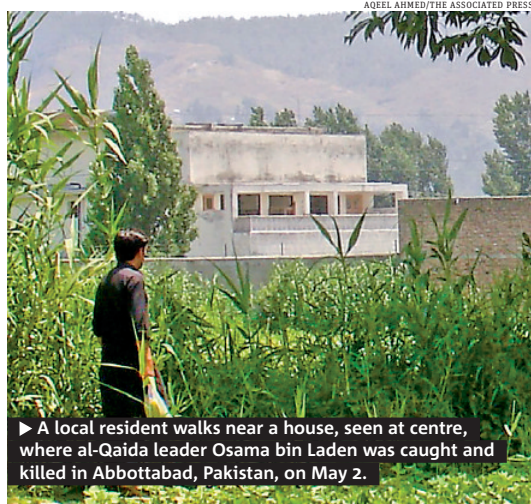
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► A local resident walks near a house, seen at centre, where al-Qaida leader Osama bin Laden was caught and killed in Abbottabad, Pakistan, on May 2.

# CIA: Informants detained

► Agency says Pakistani major among group arrested after bin Laden's assassination ► CIA director raised the issue during visit to Islamabad

The Pakistani army denies that one of its majors was among a group of Pakistanis who western officials say were arrested for feeding the CIA information before the American raid that killed Osama bin Laden.

The New York Times, which first reported the arrests of five Pakistani informants Tuesday, said an army major was detained

who copied license plates of cars visiting the al-Qaida chief's compound in Pakistan in the weeks before the raid.

A western official in Pakistan confirmed that five Pakistanis who fed information to the CIA before the May 2 operation were arrested by Pakistan's top intelligence service.

But Pakistani army

spokesman Maj-Gen. Athar Abbas denied an army major was arrested, saying the report was "false and totally baseless." Neither the army nor Pakistan's spy agency would confirm or deny the overall report about the detentions.

The group of detained Pakistanis included the owner of a safe house rented to the CIA to observe bin

Laden's compound in Abbottabad, an army town not far from the Pakistani capital of Islamabad, a U.S. official said. The owner was detained along with a "handful" of other Pakistanis, said the official.

The western officials spoke on condition of anonymity regarding sensitive intelligence matters.

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# Postal strike down for the count

► Labour minister serves notice that she will order posties back to work ► Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who

are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

## 48 hours

► Under the rules of the House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.

► Canada Post says the rotating strikes, which began June 3, have cost it about \$100 million.



► Canada Post's lockout of striking workers was a game-changer, Labour Minister Lisa Raitt says. After a Conservative caucus meeting yesterday on Parliament Hill, she announced the government's intention to introduce back-to-work legislation.

## Market moment

**TSX**  
↓  
- 66.87  
(13,030.95)

**Dollar**  
↓  
- 0.28¢  
(102.93¢ US)

**Oil**  
↑  
+ 51¢ US  
(\$99.88 US)

**Natural gas**  
1,000 cu ft  
\$4.56 US  
(- 1.7¢ US)

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## U.S. must swallow bitter fiscal pill, Flaherty says

It's not often a Canadian politician goes to the U.S. to offer advice, but Finance Minister Jim Flaherty took that diplomatically risky chance yesterday when he told New York business elites the U.S. needs to get its fiscal house in order.

In a blunt talk to the Canadian Association of New York, Flaherty said the U.S. needs a solid plan to eliminate the deficit and reduce debt. There is no time to waste, he said, because the fate of the global economy depends on the decisions being made in Washington.



► Jim Flaherty

In his speech, Flaherty specifically named Paul Ryan, the Republican chairman of the House budget committee, who wants to repeal U.S. President Barack Obama's health-care law, put hard caps on domestic spending and limit Medicare.

THE CANADIAN PRESS

# No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks were scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service

agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will



► Striking Air Canada counter workers try to drum up support yesterday outside Terminal 1 at Toronto's Pearson International Airport.

not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

## Strike force

► Striking Air Canada staff received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.

► Some striking Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton, Ont.



# A WEIGHT OFF HIS SHOULDERS

## HE SAYS ...

JOHN MAZEROLLE  
METRO



How you feel about your weight depends on which way your waistline is headed. To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on Twilight, or you're gaining weight and transforming into a disgusting amorphous creature from Star Trek, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on The Biggest Loser, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu. Whale of the Schoolyard.

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

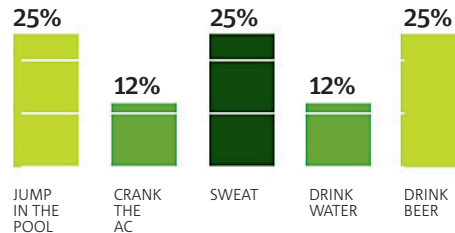
- Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.
  - Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.
  - Choose empty calories, which are presumably lighter than full ones.
  - Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!
- That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness. And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



Register at  
[metrolifepanel.ca](http://metrolifepanel.ca)  
and take the quick poll

What are you doing to beat the heat?



## Worth mentioning

**TORONTO.** A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

THE CANADIAN PRESS

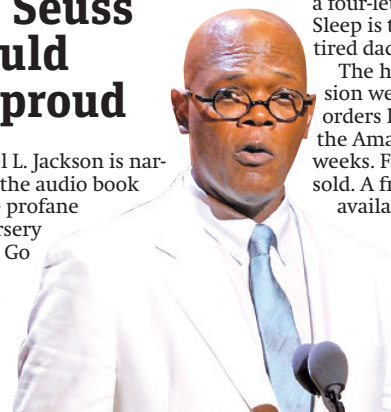
## Cartoon by Michael de Adder



## WEIRD NEWS

### Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme Go The (Bleep) To Sleep. The star of



such films as Pulp Fiction and Snakes On A Plane is known for his way with a four-letter word. Go The (Bleep) To Sleep is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in The Mountaintop.

THE ASSOCIATED PRESS



# 2

## scene

### Turkey visit



Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border.

Foreign Ministry spokesman Selcuk Unal said yesterday the Hollywood celebrity and goodwill ambassador for the U.N. High Commissioner for Refugees might arrive in Turkey on Friday, but that the date remains uncertain. At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.

THE ASSOCIATED PRESS



Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films



► Shawn Barker dressed to perform as The Man in Black.

# The Man in Black

► Barker has performed in Halifax before, and is looking to 'make new fans' with Cash show set for Sunday at 8 p.m. with tickets costing \$51



JENNA CENTER  
SCENE@METRONWS.CA

Imitation is the sincerest form of flattery. Perhaps not the case with prom dresses, but it's the slogan for tribute performers like Shawn Barker.

Since 2005, this St. Louis-native has been touring as The Man in Black, Johnny Cash, and is coming to the Rebecca Cohn stage this Sunday night.

Barker lived his first double life as Elvis, attracting the attention of a Hollywood agent casting for an up-and-coming Broadway musical, The Million Dollar Quartet.

"The director called me and said they had somebody for Elvis," Barker told me in a phone interview. "But they said I'd be great for the part of Johnny Cash."

While spending a year immersed in all things Cash, Barker, began marketing the new legend in his repertoire.

"I asked Kurt Brown, (of Brown Productions), who is now my manager, if he'd be interested in trying me as Johnny Cash and that became The Man in Black Show," Barker said. "It ended up getting so popular that I had to drop out of the play. I never made it

**"I'm a Cash fan, I'm a music fan. Johnny Cash is gone. If you want to see a live show with Johnny's Music, somebody's got to step up and do it."**

SHAWN BARKER

on stage."

More than a staged sing-along, Barker enjoys having the opportunity to combine his love of music and the theatrics of a tribute show for "Johnny's" fans. "I run the show as

Johnny Cash and tell stories," he said. "It's not a show or a scripted performance."

Barker covers Cash from his time at SUN Records to his last collaborations with producer Rick Rubin.

Not immune to the negativity that comes with being a tribute artist, Barker manages to take it all in stride.

"People say that we're making money off of him, but we do a respectful tribute. I don't I think I'm Johnny Cash or better than him. I let all that slide off my back."

## The Sadies opening eyes with Dark Circles

A little bit alternative country, a little bit indie rock: The Sadies come to The Seahorse Tavern this Friday.

Doors open at 9:30 p.m. with advance tickets available at all TicketPro outlets for \$15. They will also be selling for \$20 at the door.

Touring their newest album *Darker Circles*, the follow-up to The Sadies' acclaimed last album *Country Club* (feat. John Doe) and sees guitarist brothers Dallas and Travis Good, drummer Mike Belitsky and bassist Sean Dean again pair with legendary Jayhawk and sought-after producer Gary Louris.

*Dark Circles*, further underscoring their reputations as musicians' musicians.

● JENNA CENTER

## Halifax gets to see STARS

STARS: featuring the award-winning photographs of the Photographic Guild of Nova Scotia is on-going at ViewPoint Gallery in Halifax until July 3.

STARS presents award winning images from PGNS, the largest and oldest photographic club in Atlantic Canada.

For 63 years, the Guild has promoted and fostered the art and science of photography and includes both amateur and professional shooters.

● JENNA CENTER

## Big voices come together

Christina Aguilera and Adam Levine of NBC's talent show *The Voice* are putting their voices together on a new Maroon 5 single. Aguilera is featured with Levine and his band on the tune *Moves Like Jagger*, which will be released next week on iTunes.

They'll perform the

song on the June 21 episode of *The Voice*.

The studio version will be available to buy online following the show, NBC announced Tuesday during this week's episode.

The track was recorded last month in Los Angeles, Levine said in a statement, adding that it was "great" getting to work with Aguilera.

The song was described as quintessential Maroon 5 power pop, with an upbeat tune.

Levine and Aguilera, along with Cee Lo Green and Blake Shelton, are coaches on "The Voice," which awards the winning singer a record contract and a \$100,000 prize.

THE ASSOCIATED PRESS



► Christina Aguilera and Adam Levine.



# Taking truth to a dark place

► Junior Boys' disappointment with last CD fuels new disc, *It's All True* ► Latest effort now available

Last year, Junior Boys lead vocalist Jeremy Greenspan retreated to Shanghai to work on the electronic pop duo's new album thinking that a departure — in every sense of the word — might be just what he needed.

He was still dealing with his disappointment over what he felt was an indifferent response to the Hamilton pair's last record, 2009's *Begone Dull Care*, as well as some "pretty difficult" things going on in his personal life.

And the aptly titled *It's All True*, which hits stores this week, finds Greenspan dealing with pretty much all of it — which means it wasn't a

particularly easy record to make.

"It was like therapy, you know?" Greenspan, 31, said in a recent phone interview. "I was basically dealing with lots of feelings of getting old and losing touch and being a bit of a failure and life and all that kind of stuff."

"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make, not just from the perspective that it was made in different facets and different places, and just the production of it was more



► Junior Boys are Matt Didemus, left, and Jeremy Greenspan.

elaborate."

That elaborate process began with Greenspan's Chinese sojourn.

The original impetus for the trip was to visit his sister, who lives there, but he also suspected it would be

an interesting place to work. He was there for two months, and recruited local musicians who would

**"It was a really emotionally exhausting record to make just because it's quite a personal record in a lot of ways. It was kind of more introspective. The record also is kind of technically complex to make."**

JEREMY GREENSPAN

be willing to play traditional Chinese instruments on the record.

"They were almost bemused or befuddled that I wanted to record it at all," Greenspan said of working with the local musicians.

THE CANADIAN PRESS

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Canso, July 1 to 3, 2011

Royal Nova Scotia International Tattoo,  
Halifax, July 1 to 8, 2011

Peggy's Cove Area Festival of the Arts,  
Peggy's Cove, July 1 to 10, 2011

Festival de l'Escaouette,  
Cheticamp, July 1 to August 28, 2011

Antigonish Highland Games,  
Antigonish, July 3 to 10, 2011

Pictou Lobster Carnival,  
Pictou, July 8 to 10, 2011



# It's a baby boy for Natalie Portman

► Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning ac-

tress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to

be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be

out of the public eye after [the baby's born]," Portman told People magazine.

● METRO



► Natalie Portman

ALL PHOTOS GETTY IMAGES

## Arrests over threats to singer Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag. ● METRO



► Joss Stone

## Richards: There were some good times



► Denise Richards

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

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### Celebrity tweets



"You don't change, you just become more like yourself..."



@jeremypiven



@Alyssa\_Milano

"I wanted to name my son Kofax or Clemente."



@TheRealAlil

"Traveling with an infant is the most complicated carry-on baggage ever created! Is there a phd for all the gear?"

## Justin likes to mellow out

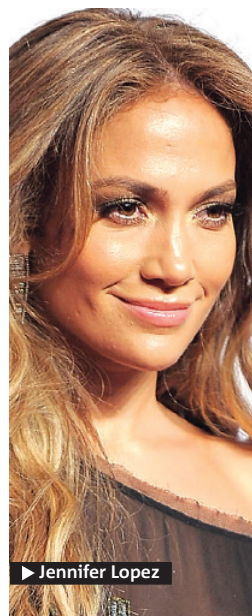
Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just get-



► Justin Timberlake

ting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

● METRO



► Jennifer Lopez

## Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year."

● METRO

# A summer of soft, sultry skin



► Model Joan Smalls expertly nailing summer skin care rule number 3.

► Heat, humidity, air conditioning, car exhaust fumes, and overall pollution don't exactly mix well with lip gloss, bronzer, blush and self-tanner ► Mary Schook, a facialist and make-up artist in New York, gives advice on how to avoid common summer beauty pitfalls

1

## DON'T WEAR MAKE-UP OVER YOUR SUNBLOCK

"The whole point is for the sunscreen to block all of the sun's rays," says Schook, a skincare guru who is the woman beauty editors and models go to for clear, glowing skin. "It should definitely be the last thing you put on your eyes and technically, it should be the last thing to go on your face so that the zinc and titanium can refract the sunlight," she explains. "But use your judgment with the face make-up and if you do wear foundation with built-in sunscreen, be sure to reapply it every two hours."

2

## CLEAN YOUR FACE MID-DAY IF YOU HAVE TO

"Too many women reapply their make-up throughout the day when it's honestly better to just wipe all of the make-up and oil off with a little Witch hazel and start over," she says. "The Witch hazel works because it rebalances the pH balance in your skin, which protects and prevents it from getting too oily. If you just pile the make-up on, you'll breakout later."

3

## KEEP YOUR HAIR OUT OF YOUR FACE

Those bangs might look great in the salon, but they could potentially wreak havoc on your forehead later. "Hair products with silicone in them can irritate the face and block pores, which is why it's so important not to wear your hair in your face during summer," she explains. "So when the weather heats up, you not only need to think about changing up your skin-care regimen, but your hair care products too."



KENYA HUNT  
METRO WORLD NEWS

# 3

  
life

## Trend of the week

### FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.



## SURVIVE THE SUMMER

### CLINIQUE Dramatically Different Moisturizing Gel

- This lightweight oil-free formula gives long-lasting hydration that balances the T-zone—important for warding off the mid-day oil slick. Most importantly, it doesn't clog pores. \$25; [clinique.com](http://clinique.com)



### LA PRAIRIE Ultra Eye Lip Nose Protection Stick SPF 40

- Whip this travel-friendly tube out throughout the day for the season's requisite sunblock touch-ups. \$65; [laprairie.com](http://laprairie.com)



### ESTÉE LAUDER Idealist Even Skin-tone Illuminator

- This serum impressively yields results faster than most. Use it to combat those persistent sun spots. \$85; [esteelauder.com](http://esteelauder.com)



Canadian designer Nada Shepherd suspends operations of NADA label.

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Discount:

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# Super cool runnings

► With so many running shoes on the market, picking the right pair can be a game of Roulette ► Get to grips with the science behind the soles

**RICHARD PECKETT**  
WWW.METRO.LU  
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

## Nike LunarGlide +3

\$100, [nikestore.com](http://nikestore.com)  
(available July 1)

LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunarlon core foam and firmer carrier foam to give you the feel of running on air.

## Asics GT2160

\$100, [asics.com](http://asics.com)

This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

## adiSTAR Salvation

\$140, [adidas.com](http://adidas.com)

Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.



## Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiroprapist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).

Asics GT2160



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## LOOK THE PART



## REEBOK Premier zig tech short

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## NEW BALANCE NBX top

► \$57, [shopnewbalance.com](http://shopnewbalance.com)



## ASICS Kayano socks

► \$15, [asics.com](http://asics.com)

# One shoe, two shoe, brown shoe?

► Lock away those squeaky, black wingtips ► Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul

Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe

can be worn with both grey flannel trousers and jeans, that's the

one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day,



switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend

change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

# Choosing a couch colour

► Be on trend but play it neutral when choosing a sofa ► Consider your lifestyle and the room it lives in

## DESIGN CENTRE



**KARL LOHNES**  
HOME@  
METRONEWS.CA

**Q:**  
**Hi Karl,**  
**I have an open**

**concept living and dining room space. My floors are dark brown and the walls are medium grey. What colours I should consider when buying the living room couch and chairs. Any recommendations?**

**-Michael, Etobicoke, Ont.**

### Invest in quality

**A:** The first thing to choose is the largest piece of furniture, which is the

sofa. It's also the largest investment so make sure you shop around and choose the best quality you can afford. Your sofa should last at least five to 10 years so the style, fabric and quality should be the best you can afford.

### Think lifestyle

Choose a style of sofa that suits your lifestyle and the space you are putting it in. Will you be watching television on this sofa? If so, you will want a sofa with deep seats and soft, comfortable cushions. If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

### Don't be afraid to mix it up



► A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, \$999, Urban Barn.

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area. I suggest a lower back sofa and two taller-backed chairs in the living area.

### Size matters

Consider the right sized sofa for the room. Here's

the rule of thumb: the sofa's length should be 2/3 of the room's width. For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably. Chairs that blend with the sofa's style but do not match will work best. This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

### Furniture advice

I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while. It also gives you the opportunity to add some authentic mid century modern cabinets or tables to the room.

**Got a decor question for Karl?** Each month Karl will answer a decor question in

### Karl's tips

- **Styles** Keep overall styles clean lined and modern.
- **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.
- **Accessorize** Add colours to the room through art, area rugs and pillows.
- **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

his Design Centre column. Email your question (keep it to one specific question please) along with a digital picture, your name and hometown to [home@metronews.ca](mailto:home@metronews.ca). Karl regrettably cannot respond to all questions emailed.

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# A cheesy take on steak strips

NEWS CANADA



► Combining tomatoes and crumbled blue cheese offers a new take on steak.

► A tomato and blue cheese vinaigrette gives this meat dish a unique flavour ► Recipe is speedy to make

## Preparation:

- 1 Prepare the grill for direct cooking over high heat (450° to 550°F).
- 2 Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
- 3 In a medium bowl whisk the shallot, vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
- 4 Brush the cooking grates clean. Grill the

steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let

rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/  
WEBER-STEPHEN PRODUCTS  
L.L.C. RECIPE FROM WEBER'S  
TIME TO GRILL BY JAMIE PUR-  
VANCE

## Ingredients:

### Steaks

- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

### Vinaigrette

- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (½ cup)

## Grilling companion

► Mustard Artichokes make a healthy accompaniment

## Preparation:

- 1 Prepare acidulated water by cutting lemons in to halves and squeezing juice into bowl of water. Add juiced lemon sections to bowl; set aside.
- 2 Remove artichokes' outer leaves. Cut artichokes in half (lengthwise) and remove hairs. Soak in acidulated water, 10 minutes.
- 3 Thinly slice garlic and green onions and set

aside. Heat frying pan. Add olive oil. Place artichokes cut-face down in pan; cover with garlic and green onions.

- 4 Add bouillon, wine and mustard to frying pan. Stir to combine. Add salt and pepper. Simmer, covered, for 30 minutes. Chop herbs. Remove artichokes from heat and sprinkle chopped herbs over artichokes. Serve.

THE CANADIAN PRESS/  
MAILLE OLD STYLE MUSTARD



► This recipe makes four servings.

## Ingredients:

- 4 fresh artichokes
- 3 lemons
- 4 garlic cloves
- 3 green onions
- 5 ml (1 tsp) olive oil
- 1 bunch each of mint, chives and flat-leaf parsley
- 1 cube poultry bouillon diluted in 150 ml (2/3 cup) water
- 250 ml (1 cup) white wine
- 60 ml (4 tbsp) old-style mustard
- Salt and pepper, to taste

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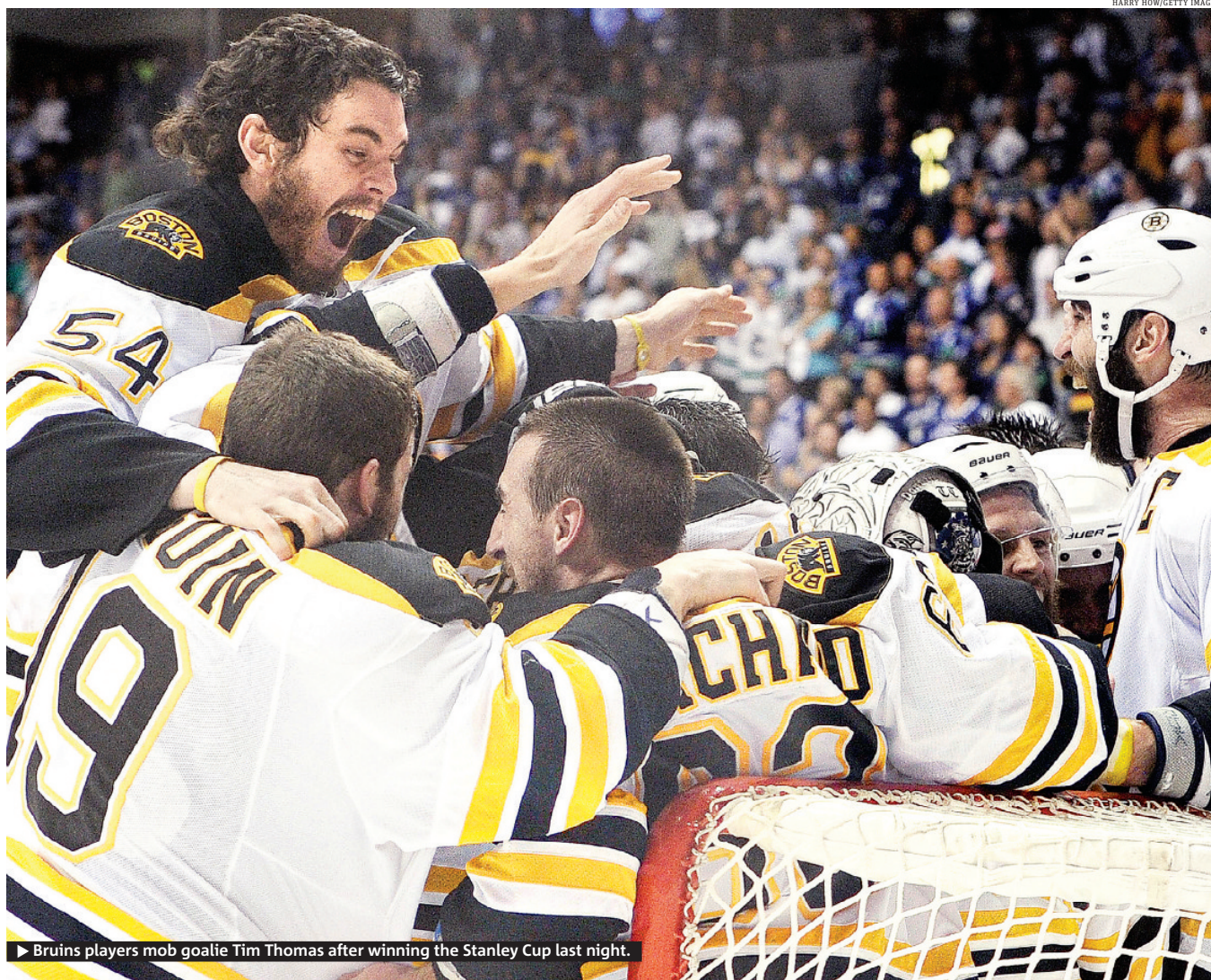
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► Bruins players mob goalie Tim Thomas after winning the Stanley Cup last night.

# B's are the champions

► Bruins get goals from Marchand, Bergeron to beat Canucks in Game 7 and win Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860

4	0
	
BRUINS	CANUCKS

at Rogers Arena.

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

"We never made things easy on ourselves," veteran Mark Recchi told CBC after the game before hinting he would retire. "I knew Game 6 and 7 we were going to be there, and we did it. What a feeling this is. This is a hell of a way for me to go out, that's for sure."

Thomas was awarded the Conn Smythe Trophy as the most valuable player in the playoffs. The stocky goaltender who plays like a linebacker had another strong game, scrambling and diving to make saves. It was his fourth shutout of the playoffs and second against Vancouver.

He got help from a Bruins team that forced the Canucks to take long shots and quickly cleared the puck from in front of the net. That left Vancouver with few chances at rebounds.

It was a disappointing end to the best season in Canucks history. Vancouver had the best record in

the NHL and advanced to the Stanley Cup final for the first time in 17 years.

The Bruins forced Game 6 by beating the Canucks 5-2 Monday night in Boston.

Vancouver was gripped with the same excitement that seized the city during the 2010 Winter Olympics. A loud, towel-waving crowd began chanting "we want the cup" even before the national anthems. Across the city, thousands watched the game outdoors on big screens.

Actor William Shatner was in the crowd and the Green Men were in their seats beside the Bruins penalty box.

THE CANADIAN PRESS

# 4

sports

Quoted



**"Every time we got our backs up against the wall and had to win, we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."**

BRUINS GOALIE  
TIM THOMAS, SPEAKING  
TO THE CBC AFTER  
THE GAME



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► Cameron Critchlow with the Lewiston Maineiacs.

UNDER-18

## Ciampini gets Team Canada camp invite

Halifax Mooseheads left-winger Luca Ciampini has been chosen to attend Hockey Canada's 42-player selection camp for its summer under-18 team.

Ciampini is one of six QMJHL players who will



► Luca Ciampini

attend the U-18 camp, which runs July 30 to Aug. 2 in Calgary.

The 17-year-old is coming off a solid but injury-plagued rookie season

that saw him record eight goals and 11 assists for 19 points in 37 games. He also had seven goals in six games for Team Quebec at the mid-season world under-17 challenge.

"Gonna give it all I got," Ciampini said on his Twitter account, @lucaciampini, after the news broke.

Twenty-two players will be selected for the Memorial of Ivan Hlinka tournament, scheduled for Aug. 8 to 13 in Slovakia and the Czech Republic. **● MATTHEW WUEST**

# Sources say pair of Moose deals in place

► Mooseheads expected to bolster lineup at forward, defence



**MATTHEW WUEST**  
@METRONEWS.CA

The QMJHL off-season is in full swing, but the Halifax Mooseheads appear to be busier than ever behind the scenes.

According to sources, the Mooseheads have deals in place to acquire 20-year-old winger Cameron Critchlow and 17-year-old defenceman Austyn Hardie. The transactions are expected to be announced when the next trade period opens on Aug. 1.

The five-foot-nine, 172-pound Critchlow is expected to cost the Mooseheads a fifth-round pick. He had 15 goals and 19 assists for 34 points in 65 games as captain of the Lewiston Maineiacs last season, before being selected by the Victoriaville Tigres in the dispersal draft on June 3.

Critchlow is known as a quality leader and an effective role player who can kill penalties.

Hardie, meanwhile, was the 12th-overall pick of the Chicoutimi Saguenéens in the 2010 draft and is a player the Mooseheads have coveted for more than a year.

He is considering the NCAA route, but Hardie is a rugged six-foot, 201-pound

### Overage surplus

The expected acquisition of Cameron Critchlow would make for heavy competition at training camp for three over-age spots. Here's a look at the five 20-year-olds the Mooseheads would have vying for those spots:

- LW/RW Alexandre Grenier
  - LW/RW Cameron Critchlow
  - C/RW Travis Randell
  - D Jonathan Parisien
  - G Frederic Piche
- Grenier and Critchlow would appear to have the inside track on spots, with Randell, Parisien and Piche fighting it out for the final spot. Randell was the Mooseheads' captain last season.

blue-liner with a mean streak. The Mooseheads will likely surrender a roster player and a third-round pick.

Hardie had two goals and 13 assists along with 98 penalty minutes in 37 games at the Quebec midget AAA level last season.

Mooseheads general manager Cam Russell wouldn't confirm either deal, calling any talk of trades before Aug. 1 "speculation."

## Juniors set to relocate after sale

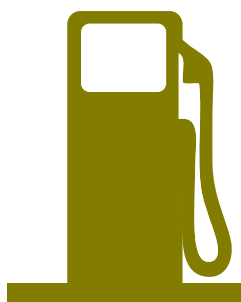
A group led by former NHL defenceman Joel Bouchard has purchased the Montreal Juniors of the QMJHL.

The team will move just north to the Centre d'Excellence Sports Rousseau in Boisbriand, Que., next season.

Commissioner Gilles Courteau said the league's governors approved the sale and relocation yesterday.

Bouchard was an assistant coach of the Juniors last season.

**THE CANADIAN PRESS**



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## Red Sox recognize Bluenose fanbase

The Boston Red Sox will pay tribute to their Nova Scotia fans by hosting a Nova Scotia-themed day at Fenway Park on July 5.

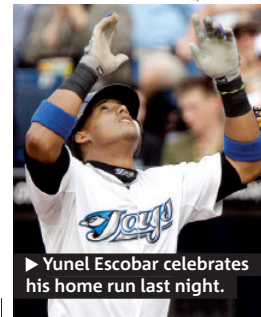
Jim Prime, a Nova Scotian who has written several books on the Red Sox, says he and other fans pushed hard to have the professional baseball club recognize their loyalty.

He notes several connections to the Boston team, including Fred Lake, a native of Canning, N.S., who managed the Red Sox in 1908 and 1909.

Nova Scotia Day in the iconic ballpark will feature a game between the Sox and American League East rival Toronto Blue Jays.

Prime expects more than 200 Nova Scotians to travel to the game to participate in activities including throwing out the first pitch. **THE CANADIAN PRESS**

ABELIMAGES/GETTY IMAGES



► Yunel Escobar celebrates his home run last night.

## Blue Jays overpower Orioles

Ricky Romero pitched a three-hitter through eight innings and equalled his career high with 12 strikeouts as the Toronto Blue Jays beat the Baltimore Orioles 4-1 on last night.

Yunel Escobar, Juan Rivera and Adam Lind hit home runs for the Blue Jays (34-34), who have won the first two games of the three-game series against the Orioles (30-35). Toronto has won 16 home games in a row against Baltimore.

It is the third time in Romero's career that he has reached 12 strikeouts.

**THE CANADIAN PRESS**

### Sports in brief

#### No late interest from potential NBL owners

**NBL.** There were no late arrivals from ownership groups interested in the National Basketball League of Canada with a deadline approaching.

As of yesterday afternoon, there were still seven ownership groups in the picture hoping to join the Halifax Rainmen, Saint John Mill Rats and Quebec Kebs for the Canadian pro circuit's first season starting in October.

The deadline for additional teams to state their interest in the league was midnight last night.

Ontario groups in London, Barrie, Oshawa and Kingston have stepped forward, as well as groups in Laval, Que., Moncton, N.B., and Charlottetown, P.E.I.

**● METRO**

#### Clijsters passes on Wimbledon due to injury

**TENNIS.** Australian Open champion Kim Clijsters has withdrawn from Wimbledon because of a foot injury.

The Belgian, who was seeded No. 2 yesterday, said she had to pull out of the grass-court Grand Slam after re-injuring her right foot at the Unicef Open in the Netherlands on Tuesday.

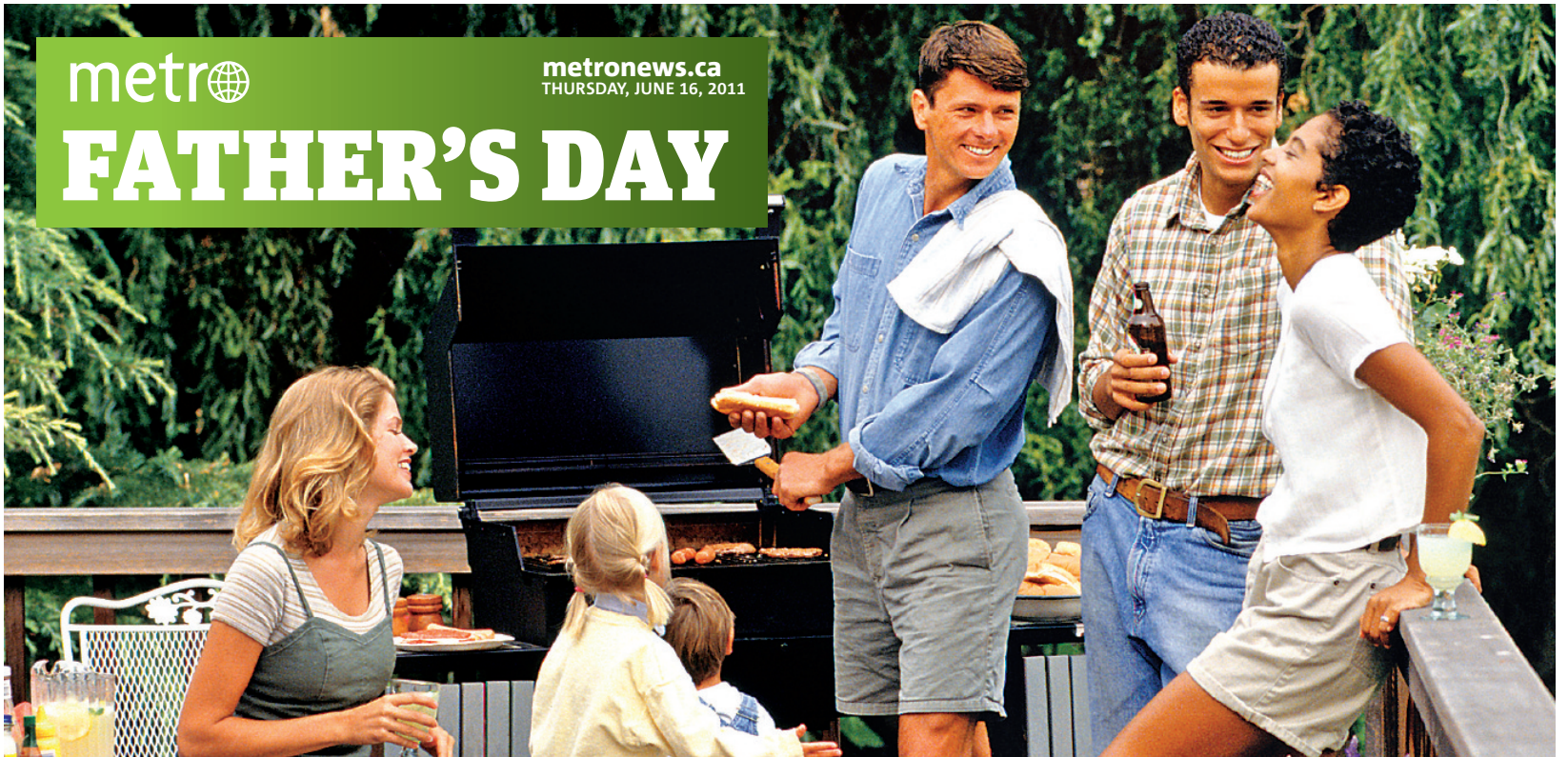
The tournament starts Monday. **THE ASSOCIATED PRESS**



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THURSDAY, JUNE 16, 2011

## FATHER'S DAY



# Grill up a storm for the master of your house

Whether he's in the mood to feast like a king or grill like a master, Metro has some great recipes for happy bellies



Nothing says Happy Father's Day like a barbecue, so Metro consulted one of Canada's leading grillers about how to cook the perfect meat for your man this Sunday.

Ted Reader is the sultan of sizzle, the gourmet of the grill and the man GQ magazine dubbed the Crazy Canuck Barbecue

Kingpin. A new father himself, he'll be breaking out one of his 100 barbecues to cook up a meal for his family, including his father-in-law.

And that's his first piece of advice: let your man loose. "Dad may just want to grill his own, so help dad create that menu for father's day," he says. "We know dad's going to want be master of his grill."

Helpers can hit the shops for meat and potatoes, and to mix up a big salad. Reader is cooking a 75-day dry-aged tomahawk rib chop. "I'm the one that's grilling that, because I want my steak my way," he says.

If your father would prefer to be fed, Reader has advice for greenhorn grillers. It is a family day, so invite your loved ones, keep the menu simple and

fun and supply lots of cold drinks.

Go for something like burgers or chicken. For burgers, make them fresh and keep them in the fridge for an hour after you assemble them so they firm up. Heat up the barbecue and grill them lid-open, medium heat. "Nice and easy does it. Don't push them, don't squish them," Reader advises.

Two of his recommended recipes are his Better Butter Burger and the Beerlicious Beer Butt Chicken, both available at [tedreader.com](http://tedreader.com).

Any time you feel the urge to poke it or cut it open to peek inside, stop and instead take a long drink of your beer or chocolate milk. "Patience is everything," he says. "The less you do, the better it is."

Top them as dad loves — for Reader, that means peanut butter, Miracle Whip, onions and a side of stinky cheese. Father's Day is not a time to be judgmental.

As soon as you're done, clean that grill. Grease comes off much easier when it's hot and your father won't relax if he knows it's solidifying for him to scrape off next time he's cooking.



# What to do with the boss



**ASTRID  
VAN DEN BROEK**  
FOR METRO

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can you decide what to do? "Think about the kind of father you're celebrating," suggests Ann Douglas, author of The Mother of All books series.

"Is he the kind of guy who would want a big get-together with all generations of his family gathered around the dining room table? Or would he prefer sharing a meal at a busy restaurant? Or would he like a quieter kind of day?"

If you're looking for some fresh ideas, here are 5 unique ways to celebrate dad this year.

#### 5 ways to make his day:

**1 Call on his inner Julia Child.** Instead of taking him out for brunch or dinner, why not try cooking a special meal with your favourite foodie at home? Either dad can sit back and relax, or you shop and cook up a special penne a la vodka together.

**2 Make a picnic ...** of all his favourite foods to surprise



him with. Then, take the kids for a walk while dad snoozes off the fried chicken.

**3 Watch a movie together.** A big bucket of popcorn, a large drink and a summer blockbuster can bring a smile to your cinephile's face.

**4 Get him a massage.** Aren't most dads' backs sore from all the kid-carrying? Send him to the spa for an hour-long massage to ease his muscles.

**5 Give the gift of time.** Hand him a six pack of his favourite microbrew, an Adirondack or easy chair to sit in and a book or TV remote. (Depending on what he prefers to do!) Then, make yourself and the kids scarce.

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- 1** Telling me bedtime stories
- 2** First heart-to-heart conversation
- 3** Walking me down the aisle
- 4** Taking me to my first day of school
- 5** Baiting my first fishing hook
- 6** Teaching me to drive a car
- 7** Dancing with Dad
- 8** First little league game
- 9** Teaching me to ride a bike
- 10** Helping me move

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**2006 GMC Canyon Crew 4x4**  
5cyl. Auto, Loaded, Cloth  
4x4, 133,000kms  
**\$12,985 or \$143b/w oac**  
AFM Motor **MART - 407-4200**

## Cars &amp; Trucks for Sale



**06' Hyundai Accent**  
Loaded,  
Fuel Efficient 4 Cyl.  
Only 100K/Kms  
**Only \$6995**



**05' Chrysler Pacifica  
Ltd SUV**  
Loaded with Leather  
Excellent Condition  
**Only \$9995**

## Cars &amp; Trucks for Sale



**2007 Ford  
Sport-Trac 4x4**  
8cyl. Auto,  
Loaded, Cloth  
4x4, 88,000kms  
\$25,985 or \$283b/w oac.  
AFM Motor **MART - 407-4200**



**2007 VW Golf  
Hatch**  
4cyl. 5speed,  
Cloth, Tilt, Cruise,  
79,000kms  
\$9,985 or \$111b/w oac.  
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**Space Only:  
\$10 outside or  
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## General Services

## Cars &amp; Trucks for Sale



**2008 Jeep  
Compass Sport**  
4cyl. Auto, Pwr  
Pack, Cloth  
4x4, 34,000km  
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Place your ad in Metro classifieds  
**metroclassifieds.ca**  
**1 800 527-6767**

## Trades

## WANTED



**AREA STIMULATION PROGRAM:** 7 homes in Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantial savings in return for helping us create market awareness for the purpose of neighborhood product visibility.

Interlock Roofing Systems are of interest to homeowners across North America who want a durable and beautiful roofing solution. Interlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the next 7 homeowners that qualify.

Orders will be discounted on a first come first served basis. Interlock Roofing Systems are environmentally safe, come in many styles and colors, and are backed by a **Lifetime Limited Warranty**, 50 Year Transferable Non-ProRated. Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homeowners across North America will never re-roof again with Interlock Roofing System. 100% Financing Available. Please call immediately if you are thinking of re-roofing, as this is a limited time offer.

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1-902-864-0700

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& SAVE!!**

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- We Repair Cracks & Pot Holes
- We Recoat Driveways
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- We Spray Seal Driveways
- All Work Guaranteed

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## Condos, Townhouses &amp; Duplexes For Sale

## Condos, Townhouses &amp; Duplexes For Sale



**#11005-5959 Spring Garden Rd**  
**\$157,500**  
MLS# 40369811



**2112 Bauer St**  
**\$349,900**  
Open House Sat 2-4pm  
MLS# 00159913



**#1108-201 Walter Havill Dr**  
**\$244,900**  
Open House Sun 2-4pm  
MLS# 41067943



**Michael Gillan**  
902-292-7786  
[michael@reddoorrealty.ca](mailto:michael@reddoorrealty.ca)

## Cars &amp; Trucks for Sale



**2008 Pontiac  
G5 Coupe**  
4cyl. 5speed,  
Loaded, Sunroof,  
84,000kms  
\$10,985 or \$105b/w oac.  
AFM Motor **MART - 407-4200**

## 2009 Chevrolet Cobalt Sedan

4cyl. Auto, A/C  
48,000kms  
**\$9,985 or \$96b/w oac.**  
AFM Motor **MART - 407-4200**



**2009 Pontiac  
G5 Sedan**  
4cyl. Auto,  
Loaded  
Cloth,  
57,000kms  
\$10,985 or \$105b/w oac.  
AFM Motor **MART - 407-4200**



**2010 GMC Canyon**  
4cyl. 5speed,  
Cloth  
A/C 2wd,  
30,000kms  
\$13,985 or \$118b/w oac  
AFM Motor **MART - 407-4200**

## Public Auctions

## Cars &amp; Trucks for Sale

**2010 Mustang Coupe**  
6cyl. 5 speed, Loaded, Cloth  
12,000kms  
**\$24,985 or \$209 b/w oac.**  
AFM Motor **MART - 407-4200**

## PERSONALS

## Personals

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Sexy Massage I/O."  
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Girls for you, erotic full body massage  
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## Public Auctions



**Manheim**

**Halifax**

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**THE GOVERNMENT OF CANADA**

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Caliber SE**  
4 cyl, 5 speed, ac  
BRAND NEW!!  
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**2010 Chrysler PT  
Cruiser Touring**  
2.4L, auto, ac, cd, pw,  
pl, pm, alloys  
Only 21kms  
STK# CH211717  
**Just \$13,977 or \$79 WEEKLY**



**2010 Sebring  
Convertible**  
2.7l V6, auto,  
ac,cd,pw,pl,cm,alloys  
Only 21kms  
STK# CH171857  
**Just \$23,977 or \$99 WEEKLY**



**2007 Honda Civic DX**  
Auto, ac,pw,pl  
Only 55kms  
STK# 11T1146A  
**Just \$12,977 or \$69 WEEKLY**



**2006 Dodge  
Caravan SE**  
Only 60kms  
MUST BE SEEN  
STK# 11GV3747A  
**Just \$11,995 or \$69 WEEKLY**



**2007 Dodge  
Grand Caravan SE**  
Only 92kms  
STK# 11JU2753AA  
**Just \$11,997 or \$69 WEEKLY**



**2010 Mazda  
Tribute GS**  
LIKE NEW,  
ONLY 25KMS  
STK# CH362036A  
**Just \$19,995 or \$85 WEEKLY**



**2009 Hyundai  
Santa Fe**  
3.3L, auto, fully  
equipped  
Only 57kms  
STK# 11GV7010A  
**Just \$19,995 or \$85 WEEKLY**



**2009 Ford  
Escape Limited**  
3.0L, 4X4, leather, sun  
roof & more  
Only 63kms  
STK# 11JU0769AA  
**Just \$23,995 or \$95 WEEKLY**



**2007 Dodge  
Ram 1500**  
5.7l HEMI, 4X4,  
Quad Cab, new tires  
Only 60 kms  
STK# CH541662  
**Just \$17,977 or \$99 WEEKLY**



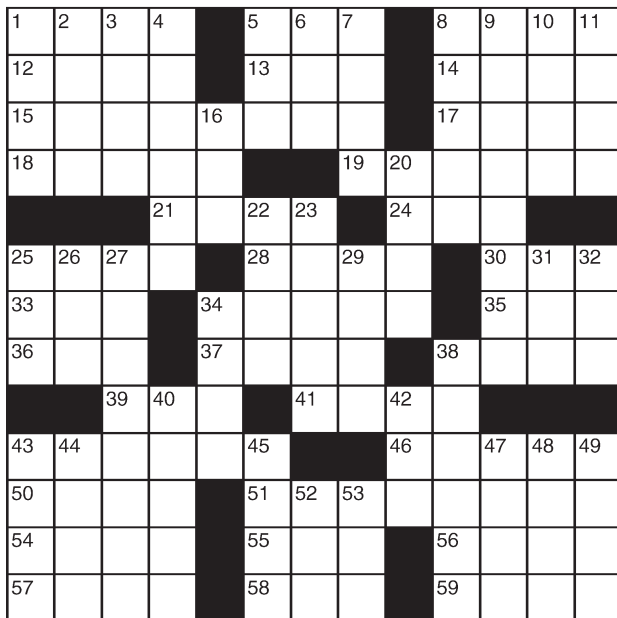
## Crossword

### Across

- 1 Con game
- 5 Not-so-tall tale
- 8 Front projection
- 12 Needing a cane
- 13 Earlier than
- 14 Hold sway
- 15 Intl. cartel
- 16 Actress Gardner
- 17 Elevator name
- 18 Railyard sight
- 20 Result
- 22 Every last bit
- 23 15-Across' product
- 24 Gulleys
- 27 And so on
- 32 — Beta Kappa
- 33 Vast expanse
- 34 Blue
- 35 Unrelenting pest
- 38 Snakes
- 39 Storm center
- 40 Keyboard abbr.
- 42 Take out of context?
- 45 Small yellow fruit used in preserves
- 49 Vicinity
- 50 "Hail!"
- 52 Loosen
- 53 Optimistic
- 54 Family member
- 55 Particular
- 56 Being, to Brutus
- 57 "Of course"
- 58 "Piggies"

### Down

- 1 Messy guy
- 2 Mafia bigwig
- 3 MasterCard alternative, briefly
- 4 Gathering places

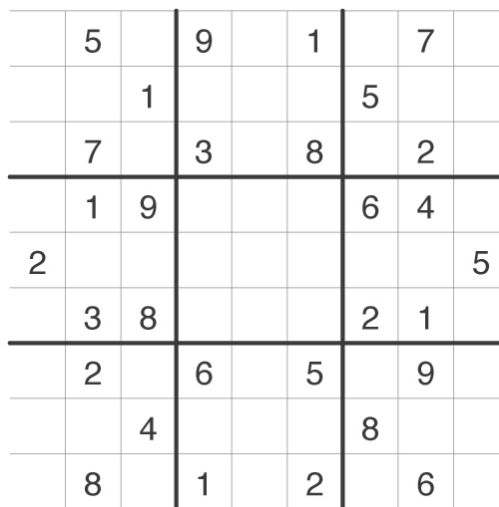


- 5 Intrepid
- 6 Mr. Robbins who partnered with Burt Baskin
- 7 Suitor
- 8 Toaster's word
- 9 Cruel
- 10 Medley
- 11 Into the sunset
- 19 Mr. Pacino
- 21 "Ulalume" writer
- 24 Speedometer stat
- 25 "Caught ya!"
- 26 Brit's radio
- 28 Ball-bearing gizmo
- 29 Negligent
- 30 Knock
- 31 Billboards
- 36 Sailor's assent
- 37 Collection
- 38 Find not guilty
- 41 Therefore
- 42 Challenge
- 43 Love deity
- 44 Uncomplicated
- 46 "Do — others ..."
- 47 "Zip- — -Doo-Dah"
- 48 — River, NJ
- 51 Struggle (for)

### Monday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

7	5	9	3	8	4	1	2	6
1	2	8	9	7	6	5	3	4
3	4	6	2	5	1	9	7	8
2	1	3	6	9	7	4	8	5
9	8	4	5	1	2	7	6	3
6	7	5	4	3	8	2	1	9
4	3	7	1	6	9	8	5	2
5	9	1	8	2	3	6	4	7
8	6	2	7	4	5	3	9	1

Today

17°/11°  
Variable

Friday

20°/12°  
Partly cloudy

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Visit [theweathernetwork.com](http://theweathernetwork.com) on your mobile.

TWN incorporates MSC data

## Today's horoscope

**♈ Aries March 21-April 20** Today, you will find it easy to open up and let those you care for know what they mean to you.

**♉ Taurus April 21-May 21** Mercury's move into the communications area of your chart makes it easy to find the right words.

**♊ Gemini May 22-June 21** Have fun today, but keep an eye on your financial situation.

**♋ Cancer June 22-July 22** Remind everyone that you don't mind them asking favours but you do mind them giving orders.

**♌ Leo July 23-Aug. 23** If you don't feel like being sociable today, you don't have to make an effort.

**♍ Virgo Aug. 24-Sept. 22** If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

**♎ Libra Sept. 23-Oct. 23** Think big, act big and expect a big breakthrough over the next 24 hours.

**♏ Scorpio Oct. 24-Nov. 22** If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♐ Sagittarius Nov. 23-Dec. 21** Your ability to notice patterns where others see only individual events, will be useful today.

**♑ Capricorn Dec. 22-Jan. 20** You need to be more assertive, especially if you have let friends make decisions for you.

**♒ Aquarius Jan. 21-Feb. 18** No matter how well things are going, you can't keep this pace.

**♓ Pisces Feb. 19-March 20** Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

## Caption contest



"When it comes to fashion, I don't horse around!"

SHELLEY



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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\*with purchase of new vehicle

**WE WILL NOT  
BE UNDERSOLD!**

**YOU GET THE LOWEST  
PRICE. GUARANTEED!**

**\$200.00\***

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### PRE-OWNED VEHICLE PURCHASES

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- FLAT TIRE Change
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AT NO  
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COST!

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*Kizzy Kaye*

Kizzy Kaye  
FibreOP customer



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